MENOMINEE DELTA SCHOOLCRAFT COMMUNITY ACTION AGENCY

SENIOR SERVICES

See page 11 for menu for ALL Senior Centers

Menominee - Delta - Schoolcraft Community Action Agency
Helping People. Changing Lives.

November, 2026 Vol. 13 No. 11
www.mdscaa.org

Escanaba Center
225 N. 21st Street
Escanaba, MI 49829
906-786-8850
Pages 2-5
Open Monday-Thursday
8:00am-3:00pm

Gladstone Center
303 N. 8th Street
Gladstone, MI 49837
906-428-2201
Pages 8-9
Open Monday-Thursday
8:30am-3:30pm

Hermansville Center
W5480 1st Street
Hermansville, MI 49847
906-498-7735
Pages 12-13
Open Monday-Thursday
8:00am-3:00pm

Menominee Center
905 10th Street
Menominee, MI 49858
908-863-3256
Pages 6-7
Open Monday-Thursday
8:00am-3:00pm

Mid-County Center
292 S. US 41
Daggett, MI 49821
906-753-6986
Pages 14-15
Open Monday-Thursday
8:00am-3:00pm

Rock Area Center
3892 W. Maple Ridge 37th Rd
Rock, MI 49880
906-356-6420
Pages 10-11
Open Monday-Thursday
8:00am-3:00pm

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Gladstone 428-3085

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Bark River
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DIRECTORS
JAMES D. CRAWFORD
CAREN L. CRAWFORD
DONALD J. CRAWFORD
www.crawfordfuneralhomes.net

Did you know that you can dine in at any of our senior centers?

Dining locations are:
Escanaba, Gladstone, Bark River, Rock, and Manistique Senior Centers in Delta County.
Hermansville, Mid-County, and Menominee Senior Centers in Menominee County.
We also have congregate dining at Harbor Tower and West Highland Apartments in Escanaba.
Please call your nearest senior center to reserve your meal.
See the front page for phone numbers.

Suggested donation per meal is $4.50.
See page 11 for our menu.



Nutritiously balanced meals served on Monday - Thursday at the Senior Centers.

To receive this newsletter by email, visit mycommunityonline.com/organizations/community-action-agency-seniorcenters to subscribe. You can also pick one up at any MDSCAA Senior Center or the Adminstrative Office.

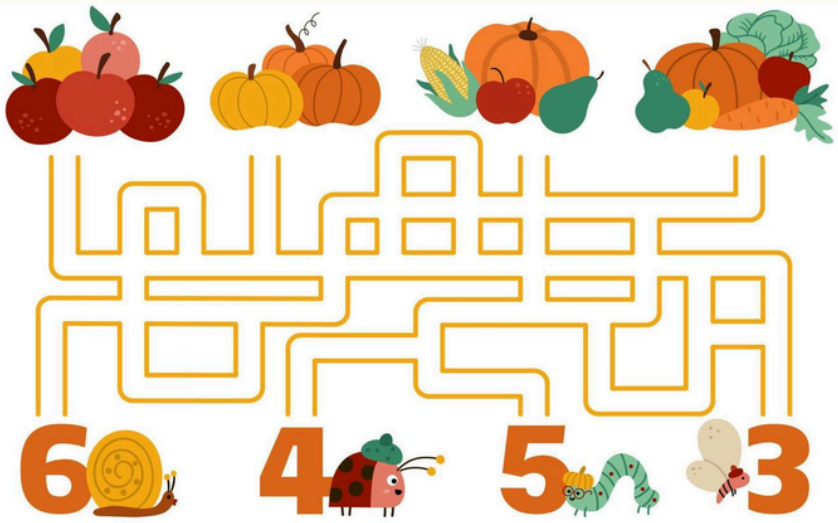


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BTLEA
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mprestonlyon@myhst.com
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As an experienced local independent agent, I work for you. Contact me if you'd like to set up an appointment to learn more about your specific Medicare health plan options.

Not connected with the Federal Medicare program. This is an advertisement for insurance. We do not offer every plan available in your area.
Any information provided is limited to those plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

November Birthday Party

Join us to celebrate November Birthdays Wednesday, November 25 at 12 Noon.

You can dine in or pick up your lunch. We are serving Pork Chop w/Gravy, Au Gratin Potatoes, Diced Beets, Apple Slices, Bread, Chef's Choice Cake.

If you have a birthday in November and a congregate meal reservation, we will put you in a birthday flower arrangement drawing. A card is given to those with a birthday in November with a gift inside.

Everyone who has a congregate meal reservation will be entered into a drawing for one of two $10 gift cards from a local business.

Suggested donation is $4.50 per meal, with a limit of one per person. Call the center to reserve a meal before November 23.

906-786-8850

The Emergency Food Assistance Program (TEFAP) Food Distribution

Every Tuesday from 1-3 p.m. at the Escanaba Senior Center.

You will be required to provide your name, address, household size, and how you are eligible.

Participants must fall at or under 300% of the Federal Poverty Income Guidelines. Current participants of SNAP, WIC, FPDIR, and SSI automatically qualify.

All income is self declared at each visit in writing or verbally. You can visit once per calendar month.

This institution is an equal opportunity provider.

Medicare Assistance

- Are you confused with Medicare?
- Do you know someone turning 65 this year?
- Do you need help with your Part D drug plan?
- Do you know someone in a different state who needs help?
- See if you qualify for "extra help" with your medications and Part B premium.
- Let us educate you on how Medicare works for you.
- We can also help with Medicaid applications and redeterminations.
- Call for an appointment at 906-786-8850.

Weekly Activities at the Center

DINE IN MEALS - Monday-Thursday at 11:45 a.m. in dining room.
SIT N Fit - November 2 & 4 at 10:30-11:15 a.m.
LINE DANCING - Monday & Thursdays at 1:00-2:30pm.
BINGO - Tuesday at 1:00-3:00pm. $2.50 per card for 10 games.
'500' CARDS - Wednesday at 12:30-3:00pm

Toe Nail Clinic

The Northwoods Home Health Nurses will be at the Escanaba Senior Center on Thursday, November 5 & December 3 from 1:00pm - 3:00pm

Schedule your appointment by calling 906-786-8850. Cost is $22.

PLEASE bring your own bath towel.

Thanksgiving Celebration

Come and share a traditional Thanksgiving meal with us on
Wednesday, November 18
at 12 noon.
We will be serving
Thanksgiving Turkey and Gravy
Stuffing, Mashed Potatoes
Corn Casserole, Cranberry Sauce,
Pumpkin Applesauce Cake

There will be door prizes given away and many laughs. Suggested donation is $4.50 per meal with a limit of one meal per person.

Reserve your meal by calling
906-786-8850 before November 16.



Nicolet Bank was at the Center in September to present information on scams and fraud.



Call the Escanaba Senior Center for an appointment about your upcoming Medicare decisions for 2027.

Congregate "September" Birthdays

Doug K. won the flower arrangement from Wickert Floral. Happy birthday to others with a birthday in September!



Congratulations Birthday Party Winners!

Winners of the September birthday drawing for a gift card to ECO Fuels were Len K. and Cookie G. (left to right).





Dish towel was won by Linda K.
Thank you Gayle S. for your donation.



Join us on Facebook for up-to-date news, videos, and pictures.



Menominee Senior Center
905 10th Street,
Menominee
906-863-2158

Find us on Facebook!
search for Menominee Senior Center

CAA/Menominee Senior Center
business hours: Monday through Thursday
8 a.m. - 3 p.m.
Please call at least a day in advance to schedule your bus ride, or to reserve a meal.

Reminder: We will be CLOSED for the Thanksgiving holiday on November 26, shortening our delivery week. Please remember to order an extra meal or a frozen meal in advance if you need for this break in delivery service.



Complimentary meal For Veterans! November 11

Veterans eat a complimentary meal on November 11th at our center. If you are unable to join us on this day, you can stop by and pick up a gift certificate good for a meal from our center on a future date. Our little thanks for your service.



Thanksgiving Party: November 18

Come join us for a wonderful feast, and fun. We will start at noon with a turkey dinner and all the trimmings. Then, stick around to play bingo with us. Call ahead to save your seat!



Senior Craft & Bingo Day with the Recreation Department is back!



The Menominee Recreation Department will be here on November 12th at 1pm to bring crafts for you to assemble, and also to play prize bingo. There is no cost for this event, but we ask that you let us know if you will be attending to ensure we have enough supplies for all.

NOVEMBER TRIVIA QUESTION:

What state in the U.S. sells the most pumpkins-for pies or otherwise?



October Trivia Question: Famous horror writer Stephen King wrote "The Shining" after a visit to this real-life remote Colorado hotel. This hotel claims to have many ghostly apparitions. Name this hotel.

October Trivia Answer:



The Stanley Hotel. This haunted hotel is located in a remote location in Colorado and was the insiration for the Stephen King novel "The Shining".

November Trivia Answer Entry:

Answer: _____

Your Name: _____

Phone: _____

Winner receives 2 free meal tickets!
One entry per person.
Return to Menominee Senior Center



Medicare Minutes

By Renelle Betters
MMAP Counselor
CAA/Menominee Senior Center

MMAP Counselors can assist you with a variety of Medicare or Medicaid issues. Some examples are:

- Explain insurance coverage in simple terms.
- Assist with appeals when there are issues with billing or claims.
- Help apply for assistance for Medicaid or low-income subsidy programs.
- Help finding patient assistance programs.

MMAP Counselors are located at most of our Senior Centers in the U.P. and lower Michigan.

NOTE: MMAP Counselors are available year round to help you with your Medicare/Medicaid issues.

Medicare Counseling Appointments:

Counseling by appointment only. Please bring your most recent Medicare information with you including your Medicare cards. Also, bring your current list of medications. This will ensure that your appointment will go smoothly.

SENIOR ADVISORY COUNCIL MEETING : NOVEMBER 17

The next SAC Meeting is scheduled for November 17 at 10:.30am. At this formal meeting we will review the MDSCAA Menominee Senior Center and the agency's programming and updates.
Please RSVP if you are able to attend by calling the center.

COFFEE AND CONVERSATION GROUP MEETING: NOVEMBER 19



We will start hosting an informal monthly meeting to talk about the center events, planning and opportunities called "Coffee & Conversation" We plan to host this every third Thursday of the month. This gathering will take place just before lunch at 11am. We encourage you to come to the informal meeting and stay to have lunch with us. Each month we have a gathering; we will draw for a gift card as well. This event is open for anyone who wishes to better the MDSCAA Menominee Senior Center within the current building, and for the move to the new building. We welcome your input and discoveries.

Our monthly foot clinics fill up fast. Please call to check our dates and to schedule your appointment. We are doing our best to accommodate everyone. We hope to expand to an extra day starting in 2027.



Happy BIRTHDAY

Our monthly birthday party for November is on November 25th. The party begins at noon. For anyone celebrating their November birthday with us, you will receive a small gift, and a free meal certificate. You will have the option to have your photo taken too. Birthday people dining in or taking meals out will also be entered into a drawing for a bouquet of flowers. See menu for the meal details.
Please remember to call in your reservation no later than the day before.

Corporation Corner

Mark your calendars for our FALL CRAFT and BAKE SALE being held inside the newly renovated Gladstone Senior Center at 303 N 8th Street on SATURDAY, OCTOBER 24th from 9:00 a.m. to 4:00 p.m. Admission is $2.00. In addition to a number of crafters and yummy baked goods, there will be BOPPIN' BETTY FOOD TRUCK on the site. Donated baked goods for this event will be greatly appreciated and can be brought to the Center on Friday, October 23rd between 2:00 p.m. and 5:00 p.m., or before 9:00 a.m. on Saturday morning. Come see our "new look" and sign up for prizes. All proceeds from the event are for the continued maintenance of the Center building.

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. - 3:00 p.m. at the Gladstone or Rapid River Senior Center.
Income based for people 18+ year old.
300% below Federal Poverty Income.
You can visit once per month.
This is an equal opportunity provider

Birthday Lunch

Wednesday November 25
Pork Chop w/Gravy, Au Gratin Potatoes
Diced Beets, Apple Slices, Bread, Cake

Call 428-2201 by Nov. 23 to reserve a meal

Foot Clinic Northwood Nursing

When: November 19
Time: 1:00-3:00 p.m.
Cost: $22.00
Bring your own towel
Call Center 428-2201 for Appointment

Thanksgiving Lunch

Wednesday, November 18
Turkey
Mashed Potatoes, Gravy
Stuffing, Corn Casserole Cranberry,
Pumpkin Applesauce Cake

We will be having entertainment by the Manistique Senior Swingers.

Call 428-2201 to reserve a spot by November 16

www.CreativeCertificates.com

Closed Thanksgiving Day

November 26

Craft Day

Tuesday
November 10
at 12:15 p.m.
Call 428-2201 to sign up

MEDICARE OPEN ENROLLMENT PERIOD

OCT | NOV | DEC | JAN

Oct 15 - Dec 7 Open Enrollment

Jan 1 Coverage Begins

Movie Day

"That Thing You Do!"
Wedesday November 18

Right after lunch / Popcorn and snacks provided / Call 428-2201 to sign up





Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities. It is open to all over 18 years old. Ball tickets go on sale at 12:05 p.m. and early birds start at 1 p.m. All funds raised help purchase items for the center. Plan on coming and joining in some fun and you may even win some money.



YMCA Sit and be Fit
Monday and Wednesday
10:30 a.m. -11:15 a.m.

Line Dancing
Thursdays
10:00 a.m.-11:00 a.m.
Come join in on the fun!



September Special Meals

Breakfast is served

A few photos from our breakfast in September. We had a about 30 people that we served during 7:00 a.m.-9:00 a.m. buffet. We are looking forward to doing even more breakfasts next spring and summer!















Birthday Lunch

Congrats to Donna F the winner of the birthday month gift card.



Alice H was the winner of the 50/50



Jodi J



James V



Oleda A



Maria L



Karen T



Cathy G



John L



Patrica S





November time is here! Colder days mean you should come along and see your friends at the center and have some coffee or maybe a hot bowl of soup!! Join us for a meal, some fun or just a chat!

Becky



November Events

MON & WED 11/2 & 11/4 Sit n Fit!
TUES 11/3 Center closed for Election Day - Meals at the Bible Chapel!
SUN 11/8 Corporation Dance 1-4pm
MON 11/9 Book Club at 9:30!
TUESD 11/10 SAC Meeting at 10AM
WED 11/11 Veterans Day & Cinnamon Day! Veterans eat free and check out the ad for the CInnamon Day!
THU 11/12 Prize Bingo
TUES 11/17 Crafts with Michelle and SECRETARY OF STATE VISIT!
WED 11/18 Thanksgiving Celebration & Bookmobile!
WED 11/25 Birthday Celebration
THU 11/26 Center Closed for Thanksgiving!

Interested in exercise classes? We want to hear from you!

Prize Bingo Day!
Thursday
11/12/26
A few games before lunch and more after!
Fabulous prizes to be won!



Don't forget to vote!
Meals at the Bible Chapel on Nov. 3rd!

<u>Sit and Be Fit Classes</u>

<u>Monday & Wednesday</u>

<u>11/2 and 11/4</u>

<u>10AM</u>

The Secretary of State Mobile Unit will be here on Tuesday, Nov. 17th! 10 until 2pm



Join us for a lovely Thanksgiving Meal and Celebration!

Wednesday, November 18th
11:30 AM



The Center will be closed on Thanksgiving Day.
Enjoy a meal at the Rock Lutheran Church or Escanaba Hih School!
Call the Center for details!

Book Mobile Visit!

Wednesday, 11/18/26
at 1 p.m.
You can get a library card right on the spot.



BOOK CLUB!!

Monday
November 9th
9:30

Call to join and get a reading list!!
Discussing the book "The Hidden Life of Tress"

Craft Class!

Tuesday,
11/17/26

after lunch!



Corporation Dance!
Sunday - Nov. 8th
1 to 4pm!
featuring Brad Pepin & the Country Express!

Recent fun at the Center!
Monica & Jim taught us how to make flavored extracts!
Below- Doris is enjoying the crafts!



Cinnamon Day!



What is ingredient day? Simple!
It is a day when you bring in something made with the ingredient of the month!

November's Ingredient?

CINNAMON!
11/11/26 Lunchtime!





Veterans eat free on Veterans Day at the Center! Thank you for your service!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Fried Steak w/Gravy Mashed Potatoes w/ Gravy Capri Vegetables Diced Peaches Bread	**3** Baked Turkey Crunch Boiled Red Potatoes Corn Diced Peaches Bread	**4** Meatloaf w/Ketchup Glaze Root Vegetable Blend Peas Fruit Cocktail Bread	**5** White Chicken Chili Broccoli Coleslaw Breadstick Chef's Choice Fruit Cup	**6** CLOSED Order an extra meal ahead of time
9 Chicken Stoganoff California Vegetables Peas Diced Pears	**10** Million Dollar Tortellini Bake Brussel Sprouts 5 Way Mixed Vegetables Breadstick Applesauce	**11** Hamburger Gravy Mashed Potatoes Green & Wax Beans Old Glory Fruited Jell-O Bread	**12** Broccoli Cheese Soup Chicken Salad Spread Bread Copper Penny Salad Chef's Choice Fruit Cup	**13** CLOSED Order an extra meal ahead of time
16 Beef & Cabbage Corn Warm Vanilla Pears Bread	**17** Diced Pork w/Gravy Brown Rice Diced Beets Chef's Choice Vegetable Pineapple/Orange Mix	**18** Thanksgiving Celebration Limit 1 per person Turkey & Mashed Potatoes w/Gravy; Stuffing Corn Casserole Cranberry Sauce Pumpkin Applesauce Cake	**19** Swiss Steak Brown Rice Chef's Choice Vegetable Sliced Carrots Tropical Fruit	**20** CLOSED Order an extra meal ahead of time
23 Cranberry Glazed Meatballs Garlic Mashed Potatoes Diced Carrots; Diced Pears Bread	**24** Herb Roasted Chicken Boiled Red Potatoes Green Beans Diced Peaches Bread	**25** Birthday Party Limit 1 per person Pork Chop w/Gravy Au Gratin Potatoes Diced Beets Apple Slices; Bread Chef's Choice Cake	**26** CLOSED 	**27** CLOSED Order an extra meal ahead of time
30 Beef Stew Marinated Green Bean Salad Diced Pears Cornbread	*Menu subject to change.* *2% Milk served each day.*			





Happy Thanksgiving

THE CENTER WILL BE CLOSED ON NOVEMBER 26TH IN OBSERVENCE OF THANKSGIVING

Our Thanksgiving Party at the Center will be on Wednesday November 11th Meal will be served at 11:30 Come join the fun, see menu on page 11

Please order additional meals earlier in the week to make up for the two days we will be closed.
Also please make note if making a suggested volunteery contribution make check payable to: MDSCAA Nutrition Program



MICHIGAN
Secretary of State Mobile Office will be at the Center on Thursday November 5th for an hour 11:30 to 12:30. Don't hesitate to make an appointment, they can fit alot of transactions in an hour.





The **E**mergency **F**ood **A**ssistance **P**rogram **TEFAP** Is available for pick-up once a calender month on Tuesdays from 1 pm to 3pm CST or by appointment if you can't come on a Tuesday. You must be 18 years of age or older and a resident of Menominee County. If you qualify for **SNAP** or **WIC** or similar progams you will qualify for this.





CHECK OUT OUR EXERSIZE PROGRAMS SENIOR STRONG CLASSES IN THE GYM WITH PATTI M TUESDAYS & THURSDAYS
10:00 to 11:20
THE SAME FUN WORKOUTS WE'VE HAD THE LAST 4 YEARS
OR
CHECK OUT THE LOWER IMPACT DOWNSTAIRS ON MONDAY AND WEDNESDAY



November Painting Class!
Come paint with Patricia H. and friends
$5 for small canvas $10 for large
Monday Nov. 23rd at 10:00 am
a lunchoen will be served.
All supplies are furnished.
Great social oppertunity
Learn a new skill.



A SPECIAL THANK YOU TO:

- Ruth & John K. for taking care of the annual flower bed & decorating
- Agie K. for replanting all the indoor plants
- NCA Student Council Lauren James & Liz for sponsering a food drive for the pantry
- Donation for the Food Pantry from the 2026 Senior Expo











Northern Lights YMCA
Delta Sit & Get Fit
Senior Class
Nov. 23rd & 25th
9:00-9:45 CDT
45 minute light strength training class
LOW IMPACT
Take the ramp to the township conference room

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November Birthday's

Susan M	Nov. 12
Diane R	Nov. 18
Hazel J	Nov. 27



***MOBILE* SECRETARY OF STATE OFFICE!**



The Mobile Secretary of State will be at the Mid County Senior Center from 9-10a on Thursday November 5th Appointments are encouraged & can be made by calling the senior center at 753-6986

NOVEMBER 2026 ACTIVITIES

November 11– Veteran's Day & Craft Day beginning at 1p. The craft group will be making favors for the Thanksgiving holiday party. Want to have lunch before class? Just call the senior center to reserve a meal at least a day in advance.

November 18– Thanksgiving Party Dinner with Turkey and all the trimmings! We will also have a 50/50 raffle, favors, door prizes and Bingo after lunch. Please call in your meal reservation no later than noon on November 17.

November 25– Birthday Party Dinner with 50/50 raffle, favors, door prizes and Bingo after lunch. Are you celebrating your birthday in November? Please let staff know when reserving your meal so we can honor you!

The center will be closed on November 26 for Thanksgiving Day
Happy Thanksgiving!



Membership dues are currently being accepted for the upcoming fiscal year at the Mid County Senior Center. Dues are $10 per person. Due funds are used to purchase all the little extras we are able to provide for parties



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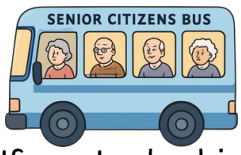
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If you're looking for convenient and reliable transportation options, look no further! Our service is available from Monday through Thursday, between 8 a.m. and 3 p.m., requiring just a 24-hour notice to secure your ride. Whether you have a doctor's appointment, a dental check-up, a hair appointment, or simply need to go shopping, we are here to make your travel hassle-free. With reasonable rates, our friendly and professional team is dedicated to getting you where you need to go. Don't hesitate to reach out to us at 753-6986 to book your ride today. Let us help you stay connected and mobile!



We have some thrilling news to announce!
We will be getting our brand-new lift vehicle in December!
This addition will greatly assist those of you who have difficulty scheduling rides, as we will now have two vehicles in operation.



THANK YOU TO THE FAMILY OF CARL J. FOR THEIR DONATION TO THE SENIOR CENTER IN MEMORY OF CARL



In Honor of Veterans Day, the senior center is pleased to offer a complimentary meal to veterans on November 11.
Please remember to call the senior center at least one day in advance to reserve your meal.
Thank you for your service!

Exercise Dates



Wednesday November 4 @ 11 AM
Wednesday November 11 @ 11 AM
Monday November 16 @ 10 AM
Tuesday November 24 @ 8:45 AM
All are welcome to participate in this low impact class. Coffee and social time to follow
Tuesday & Thursday class will be taught by Northern Lights YMCA
Dates subject to change

ARE YOU IN BEST PRESCRIPTION PLAN FOR YOU?

Each year Medicare beneficiaries have an opportunity to enroll in a prescription drug plan for the new calendar year. While individuals may stay with their current plan, it is best to review your options each year.

Anyone who joined a Medicare prescription drug plan last year will soon receive a Annual Notice of Change from the company with which they have drug coverage. READ THIS CAREFULLY, as this notice will identify whether the plan is changing their premiums, copays, deductibles, and or the medications they will cover. You will need to make sure that the medications you are currently taking will still be covered by your plan in 2027.

Now is the time for Medicare beneficiaries to evaluate their current drug plan. If you are satisfied with your current plan, you do not have to do anything. Your coverage will continue through 2027 without any re-enrollment process. However, you should take the time to look at other plans for coverage in the coming year. You will want to answer these three questions:

- COST- Will your premium costs change significantly in 2027?
- COVERAGE: Do you need more coverage in 2027? Will the prescriptions you are taking be covered under your current plan in 2027?
- CUSTOME R SERVICE: Are you satified with your plans service?

Anyone who is interested in enrolling into a new plan for 2027 should start comparing plans now as open enrollment begins October 15th and ends on December 7th, 2026. Coverage under the new plan will begin on January 1, 2027. People who did not join a Medicare drug plan during their initial enrollment period may also now apply for a drug plan, if they choose.

Due to my upcoming knee surgery, I'm not certain at this time how much I'll be available to assist clients. Please contact the senior center for updates.



Come check out our fully stocked greeting card rack!



community Action Agency

This monthly newsletter is published once a month at 507 1st Ave. N., Escanaba, MI 49829
906-786-7080
MDSCAA is an equal opportunity provider and employer.

All MDS CAA Senior Centers and Administrative Office will be closed on Thursday, November 26 & Friday, November 27 for the Thanksgiving Holiday.



November 1st





Remember to order extra meals during the holidays for when we are not serving meals.



Advertise in Our Newsletter!

Contact Terry Sweeney
tsweeney@4LPi.com
(800) 950-9952 x6407





